



50+ Recreation

June 2018

Our mission is to enrich the lives of our citizens.

ISSUE 6

www.ColumbusRecParks.com

On the Scioto Mile

Rhythm on the River

Bicentennial Park – Free events

Friday, June 1 7:30 pm An evening of Bluegrass Featuring Joe Mullins & The Radio Ramblers / Flatt Lonesome
Food and beverages will be available for purchase.

For more information, visit www.SciotoMile.com

Columbus Arts Festival

Bicentennial Park, Genoa Park, West Bank Park

June 8-10

www.ColumbusArtsFestival.org

Red, White & Boom

Scioto Riverfront and Downtown Columbus

Tuesday, July 3

www.RedWhiteandBoom.org



The Fountain is now open.

Golden Hobby Shop

630 S. Third St. in German Village
Columbus, Ohio 43206
Phone 614-645-8329

Shop Hours of Operation: Tuesday- Saturday
10 am – 5 pm
Free parking

German Village Haus & Garten Tour
Sunday, June 24
Noon-5 pm

The Shop will be open for business. If you're going on the tour or even if you're not, stop in and see us.

The Golden Hobby Gift Shop may be the best place in town to shop, browse and start off the summer with something new for your garden, patio, porch or door. We're virtually in bloom indoors and out.

June 2018

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Newsletter Editor: Wendy Frantz

645-7427

Dance

Gillie Dance

Line Dance *Beginners* Tuesdays 1 pm
Advanced Tuesdays 2 pm
Intermediates Fridays 10:30 am

Move & Groove Mondays 7:30 pm

Tap Dance:

Advanced Wednesdays 10 am

Beginning Wednesdays 10:50 am

Ballet Class Wednesdays 5 pm

Gillie Wednesday Evening Dance Information

6:30 – 9 pm Admission: \$5

Come early for line a line dance session: 6:30-7 pm.
 The DJ begins spinning a variety of dance music at
 6:30 pm. Refreshments served, dancing until 9 pm.

Weekly Themes:

June 6 No Dance

June 13 Birthdays and Anniversaries

June 20 Night at the Prom

June 27 Inaugural Ball – Join us as we
 celebrate the inauguration of our 2018-2020 Gillie
 Senior Council and thank our outgoing members.

Marion Franklin

Line Dance (Intermediate)

Mondays, Wednesdays and Fridays 10-11 am

Beginners Wednesdays 11:15 am

Men's Tuesdays and Thursdays 1 pm

Line Dance Workout Tuesday and Thursday 10 am

Men In Black Rehearsal

Tuesdays and Thursdays 2 pm

Evening Line Dance

Beginners Tuesdays and Thursdays 5:30-6:30 pm
 \$20 per person, per session

Urban Ballroom Dancing

Tuesdays 7-8:30 pm \$25 per person, per session

Zumba

Wednesdays 6-7 pm \$25 per person, per session

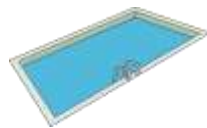
50+ Water Exercise

Summer water aerobics:

Mondays – Thursdays 10 am

Columbus Aquatic Center

1160 Hunter Ave. 43201



\$2 per visit or \$20 for a summer pass; purchase pass
 from instructor at the pool.

For more information, call 645-3129.

Red Hats

Gillie's Fillies Red Hatters: Mark your calendars!

Putting on the Ritz Show

Saturday, June 9

10 am doors open, 12 pm seated lunch

At Embassy Suites 5100 Upper Metro Pl. Dublin

The Countertop at Whole Foods

Thursday, June 14 11:30 am

4100 Easton Gateway Drive

Pool Party at Dottie's

Thursday, July 12 Noon

Brown Bag lunch... Red Hats and Swimsuits.

Trips

Barnett

645-3065

Three Creeks Metro Park

Tuesday, June 12 9 am Cost \$5

We'll start the day with breakfast at Bob Evans before
 heading to Three Creeks Metro Park for a tram ride
 through the park. (Breakfast is on your own.)

Gardening Getaway

Tuesday, June 19 9 am Cost \$5

We will head out for a day full of plants and flowers.
 The morning will start with exploring Innis Woods
 Metro Gardens, followed by a stop for lunch, and then
 we will finish the day at Oakland Park Nursery for the
 opportunity to purchase plants. (Lunch & plant
 purchases are on your own)

Tour of Anthony Thomas

Tuesday, June 26 Cost \$7

Join us as we tour Anthony Thomas Chocolate
 Factory and visit the gift shop after for some sweet
 treats. We will also stop for lunch after. (Lunch is on
 your own.)

Dodge

645-8151

Self- guided tour of the Shawshank Trail

Friday, June 15 9 am Cost \$7

(travel expense since it is out of Franklin County)

Join us as we take a trip to Mansfield where we will
 drive to see 15 different locations where the movie
 "The Shaw Shank Redemption" was filmed. This is
 a driving tour, so walking will be limited, but we will
 stop at each location to get out and look at it. If you
 are a fan of the movie, this is a tour that should not be
 missed!

Bring additional money for lunch and shopping that
 day. The drive is 1 hr and 15 minutes from Columbus.

Trips

Gillie **645-3106**

Gillie Trip Policy for 2018: Please call 645-3106.

Mystery Trip

Friday, June 15 **Cost TBA**

Registration begins Friday, June 8.

The National Underground Railroad Freedom Center Museum

Tuesday, June 19 **8 am** **Cost \$30**

Travel back in time with us as we visit Cincinnati and explore a very interesting and important time in American history. We will visit the Underground Railroad Museum and other U.G.R.R. sites with lunch at the Montgomery Boat House. (Lunch on your own.)

Check to see if there any seats left.

Gillie Center History Tours Present:

Agriculture in Ohio – Madison County, Ohio

Wednesday, June 20 **8:30 am-5 pm** **Cost \$20**

We will examine the long agricultural past by exploring the machinery, tools, terrain and plants the farmers used in our state to provide a living and supply our community and world with sustainable food. Lunch will be on our own at Ann & Tony's.

☞Registration begins Wednesday, June 6.

Mystery Lunch

Friday, June 22 **Cost \$7**

Registration begins Friday, June 8.

Broadway Babies: "I Love Hamlet"

Friday, June 29 **Cost \$39**

Join us as we travel to the Weathervane Playhouse in Newark, Ohio for this wonderful little play.

Registration begins Friday, June 8.

Marion Franklin **645-3612**

Lake Erie Walleye Head Boat Trip in Port Clinton

Monday, June 4 **Cost \$70**

Cost includes bait and transportation on Lakefront Bus Lines.

Please register at the front desk at the center. For more information please contact Thomas Glover at 614-777-1077 or the center.

Breakfast and Movie

Tuesday, June 19 **8:30 am** **Cost \$5**

(Cost is transportation only.) Join us for a hearty breakfast before the movie. Movie will be determined a week prior, based on showings and times. Register at the front desk.

Marion Franklin (continued) **645-3612**

Scavenger Hunt

Wednesday, June 27 **9:30 am** **Cost \$5**

Join us as we head out to hunt down deals in the Columbus area and enjoy a nice meal together. Please register at the front desk. (Cost is transportation only.)

Newport Aquarium

Friday, June 29 **8 am** **Cost \$60**

Deadline: June 19

Share an experience you will always remember when you get eye to eye with worlds' amazing sea life. Lunch will be on your own at the Aquarium. Motor Coach transportation included.

Louisville, Kentucky Overnight Trip

August 14-15 (non-refundable \$50 deposit)

Loading: 6 am/ Departure: 6:30 am

Return to Columbus: 6 pm

Final payment due: August 6

Lodging: Fairfield Inn

\$250 double occupancy / \$310 single room

Free hearty breakfast at the hotel. Dinner is included in the price along with tax and gratuity.

Enjoy The Muhammad Ali Center, Louisville Slugger Museum and Factory and The Evan Williams Bourbon Experience. During your free time enjoy Fourth Street Live. Please register at the front desk. For more information, contact Crystal or Joanne, 614-645-3612.

LaComedia: Driving Miss Daisy

Sunday, September 16 **Cost \$75**

Tickets will go fast for this trip. Motor Coach transportation.

Martin Janis **645-5954**

COSHOCTON HOT AIR BALLON FESTIVAL

Friday, June 8 **5 pm**

Cost: \$19 for transport, lunch on your own

Originally called the Coshocton Hot Air Balloon Race, it changed its name to reflect the more encompassing events that occur at this festival. Balloonists from all over Ohio and Michigan come to show off their colorful aircrafts. Balloon launches are held at dawn and dusk. And a "night glow" of balloons occurs after dark. Balloonists take part in various events such as dropping markers while in flight in attempt to hit a target on the ground. A traditional hot air balloon race sanctioned by the North American Balloon Association is also held during the festivities. Other activities include crafters, live music, carnival rides and more.

Martin Janis trips continued on page 5.

Trips

Martin Janis (continued) 645-5954

WASHBOARD FESTIVAL

Friday, June 15 10:30 am

The Washboard Music Festival in Logan, Ohio is an annual extravaganza held in the streets of small town America. The festival's focus is on celebrating the enduring role the washboard has had on American music styles. You can enjoy the foot-tappin' styles of Dixieland Jazz, Jug Music, Celtic, Blues and Cagun Zydeco played by bands from all around the country. In addition, you may enjoy great food, browse the streets filled with quality craft vendors and enjoy the many special events. There's also a handmade quilt show, washboard factory tours and street entertainers.

PUT-IN-BAY

Thursday, June 21 8 am

Cost: \$15 for transport, \$14 for ferry (collected upon departure), lunch and transportation around the island on your own

It's time for a trip to The Lake. A leisurely ferry ride to South Bass Island begins an adventure of sights

and sound unlike any in the state. Rent a golf cart, a bicycle, or take public transportation to view sights like the Perry Monument, sail boats on the lake or explore the many shopping or dining opportunities!

Whetstone 645-3217

Note: Any participant signing up for Whetstone trips must present payment at the time of registration.

ALL ARE WELCOME ON THIS TRIP!

Wednesday, June 13 10 am

The Red Hats/Cruising Cougars will be heading to Grandview to see the Ohio Arts and eat at Paul's Dinner. Please let Mike know you will be attending.

Hikes with Mike

Wednesday, June 20 9:30 am

Hikes with Mike will be heading to Gallant Woods Park in Delaware County. **Please call Mike to RSVP.**

Mike's Taste of Italia

Wednesday, June 27 10:30 am

Mike Taste of Italia will go Milano's Italian eatery. **Please call Mike to RSVP.**

COAAA Central Ohio Area Agency on Aging
3776 S. High St., 43207 614-645-7250

All This Stuff!!! Who Can Help Me Downsize Or Move?

Many people want to move to a smaller living space when they retire or when their children leave home. "Downsizing" is a term which has become quite popular this century. However, this task can be very challenging....as we live in a culture where it is quite easy to fill a house with clothes, shoes, kitchen items, books, knick-knacks, tools, collections and memories. Where to even start! The following types of professionals can assist you in this task. Information on how to locate them these types of professionals is listed below. Most of them are insured and have special certifications:

- **Senior Real Estate Specialists**--they receive specialized training in the 50+ market...to locate a specialist go to www.seniorsrealestate.com
- **Senior Move Managers**--the profession that assists older adults and their families with the emotional and physical aspects of relocation. To locate someone in this specialty go to www.nasmm.org.
- **Professional Organizers & Productivity Consultants**—those working in this profession are very diverse but generally they assist with hands on organizing, home maintenance and cleaning, as well as moving and relocating. Their national association's website is www.napo.org.
- **Estate and Auction Companies**--these are companies that will sell items from the home. Some companies will price and auction individual items and some companies can come to the home and have an estate sale at the home. Some companies specialize in particular items or geographic areas. There is no one national website that lists such companies but you can search the internet for listings in your area. Also ask companies for a list of those who have recently used their services.

The Central Ohio Area Agency on Aging has a new guide available called "Transition and Moving Guide" which lists many of these specialists in Central Ohio. Call, 614-645-7250 to request a hard copy or download a copy from the website which is www.coaaa.org.

Summer Classes start JUNE 11th!!!

Stay Young, Stay Fit

Mon & Fri 9-10 am

An hour of stretching, cardio, and weight training for a total body workout designed with modifications for all levels.

Walking Club

Mon & Fri 10-10:45 am

Come join us for some fresh air this spring and summer as we get outside and log some steps.

Beginner Line Dancing & Aerobics

Mon & Wed 10:30 am-noon

Join Trent Clark and dance the morning away as he breaks down the moves step by step.

Water Aerobics

Wednesday 10-11 am \$2/class

We will take a small trip once a week to the pool for a low impact, total body aerobic workout. Please sign up at the front desk.

Painting

Thursday 1-3:30 pm

Each week we will learn about a different painter, and create a work of art using the techniques that made them famous.

Tuesdays are for trips & special events!

Each week we will hit the road to explore Columbus and the surrounding areas, or host a special event at the center. Check the newsletter, or stop at the front desk, to see what all is on the schedule.

Free Produce Giveaway

Doors open at 2 pm to sign up, and the giveaway will start at 3 pm.

Bring your ID and bags.



July 13, 2018

August 10, 2018

September 14, 2018

October 12, 2018

Summer Class Schedule

Stay Young, Stay Fit	Mon & Fri	9 am
Walking Club	Mon & Fri	10 am
Beginner Line Dance & Aerobics	Mon & Wed	10:30 am
Water Aerobics	Wednesdays	10 am
Raffia Weaving	Thursdays	9 am
Senior Weightlifting	Thursdays	11 am
Painting	Thursdays	1:30 pm
Pickleball	Thursdays	2-3 pm
Cooking for One	Fridays	1:30 pm

****If there are any 50+ classes or special events you would like to see offered at Barnett, please let us know. We are always looking for new ideas!****

Lazelle Woods Intergenerational Center
Anna Marie Brown, Center Manager
Hours: Mon.-Fri.: 8 am-9 pm

8140 Sancus Blvd., 43081
645-5330

Monday

Zumba 9:30-10:30am \$20

Tuesday

Aiki Ju Jitsu 5:45-7:45pm \$35

Wednesday

Zumba 9:30-10:30am \$20

Yoga 6:30-7:30pm \$35

Thursday

Beginner Hatha Yoga 6-7pm \$50

Fundamentals of Watercolor 6-9pm \$85

Friday

Zumba 9:30-10:30am \$20

Pottery/Ceramics 12-2pm \$25 + materials fees

Check with center or website for complete listing of classes.

Free Fresh Produce

Thursdays, June 14 & 28 3-6 pm

Arrive early to get a number. Bring your own bags

Interested in eating Healthy?

Thursday, June 21 12:30 pm

Lisa Gibson will be back again.

This month's topic: "Variety is the key eating more fruits and vegetables."

Red Hat Trip Planning Meeting

Friday, June 25 10:30 am

Join us at York Steak House as we discuss what trips that we will be taking in July, August and September.

Dodge Morning Walking Club

Mondays, Wednesdays and Thursdays 8:15-9 am

The Spring weather is here so what better time to join us as we walk along the Scioto mile? We will walk various paths, and if it's raining we will walk around the gym! Bring a friend, get your walking shoes on, and log some steps with new walking challenges each week!

Chair Volleyball

Mondays and Thursdays 1 pm

Come on out and join us for some chair volleyball two times a week. It's great exercise and everyone loves a little competition!

Dodge Chorus

Tuesdays 1 pm

We are always looking for new members so if you would like to sing with our Chorus. Please join us.

Dodge Diet Club

Wednesdays 3 pm

Need some support maintaining, or motivation to start a healthy diet or healthy eating in 2018?

Interested in being on the events planning

committee? Do you have ideas that you would like to share? Would you be interested in helping to plan and coordinate special events at the center? Some of the volunteer opportunities include setting up events, getting supplies for events, (food, bingo prizes and decorations), planning activities (can include entertainment) for the event or being in charge of donations of items for raffles, bingo prizes, etc. Please sign up at the front desk along with what area in which you would like to be responsible. We need a team of enthusiastic and outgoing volunteers to help with these events and those who enjoy working with peers and planning.

Classes for Summer

*Walking Club	Mon-Thurs	8:15 am
Beading	Mondays	9:00 am
Painting	Mondays	10:30 am
You Sew Fine	Mondays	1:30 pm
Quilting	Tuesdays	9:00 am
Chorus	Tuesdays	1:00 pm
Euchre	Tuesdays	12:00 pm
Aerobics w/Margie	Tuesdays	11:30 am
Art Journaling	Tuesdays	1:00 pm
Ceramics	Tues & Fri	1:00 pm
50+ Sewing	Tuesdays	1:30 pm
Clogging	Wednesdays	10:00 am
Service Circle	Wednesdays	9:00 am
Crochet	Wednesdays	1:00 pm
Dodge Diet Club	Wednesdays	3:00 pm
Bingo	Thursdays	11:00 am
Chair Volleyball	Mon & Thurs	1:00 pm
50+ Alterations	Fridays	1:00 pm
Coffee Conversations	Fridays	9 am-12 pm

**added days*

Walk with a Doc

Take steps to a healthier you with Walk with a Doc. Take an hour-long walk led by a Mount Carmel Health Physician. Walkers can come and walk for as little or as

long as they like and enjoy good company, a healthy snack and fun prizes.

Walks are held inside during bad weather.



2018 Walking Dates 8:30 - 9:30 am

Marion Franklin & Woodward Park

June 2, 16
 July 7, 21
 Aug 4, 18
 Sept 1, 15
 Oct 6, 20
 Nov 3

Far East & Dodge

June 9, 23
 July 14, 28
 Aug 11, 25
 Sept 8, 22
 Oct 13, 27
 Nov 10

No classes or programs June 4-8.

Please enter through the FRONT DOOR ONLY.

The Fitness and Billiard Rooms will be open.

Gillie Walking Group

Tuesdays 8:30 am

Gillie is teaming up with The Columbus Running Company and LifeCare Alliance Dietitian, Leonor Button to start a walking group.

We will meet at Woodward Park tennis courts to begin our walking sessions. Come and join us for some fresh air, good company and exercise!

Veteran's Group

Friday, June 1 1 pm

Calling all members of the Armed forces for a meeting of the brotherhood.

OSU Extension Service with Lisa Gibson

Friday, June 1 9:30 am

Topic: Variety is key to eating more fruits and vegetables

Gillie presents.....

Charlesie's "Dare To Be Different"

Fashion Show

Saturday, June 9

Doors open at noon, Show 1-3 pm

Experience great food, music and FASHION.

Tickets \$20 at front desk.

BINGO

Mondays, June 11 & 25 1 pm

Eat Better, Feel Better

Tuesday, June 12 11 am

LifeCare Alliance Dietitian Leonor Button, RD presents: *Probiotics and Prebiotics*.

Alzheimer's Association

Tuesday, June 12

~Support Group 12:30 pm Everyone is invited.

~Private Consultations 1:30-4 pm for yourself or a caregiver; by appointment (457-6003).

General Meeting -Senior Recreation Council

Wednesday, June 13 1 pm

All members are welcomed to attend.

Columbus Speech & Hearing

Thursday, June 21 10 am-3:30 pm

To schedule an appointment, call 261-5452.

Underground Railroad Study Group

2nd and 4th Mondays 6 pm

2nd and 4th Thursdays 1 pm

We study the role of Ohio and other states during this very interesting time in American History.

We then travel to different sites around the state and visit the places we've studied.

Beginning of Summer Sock Hop

Thursday, June 21 11:30 am-1 pm

Featuring DJ Steve Parker from WGRC who will be spinning the hits from the '50's & '60's while we do the Twist, Mashed Potato, the Pony and the Stroll just to name a few. The Gillie Grill will be open for hamburgers or hotdogs, French fries, and various milkshakes and floats. Wear your favorite 50's or 60's outfit and compete to win prizes. *"Be there or be square."* **Meal tickets are \$6.**

Meal Deal includes: hamburger or beef hot dog, French fries and shake or float.

Senior Living Truth Series:

The Truth on Senior Living Communities

Thursday, June 21 10-11:30 am

Every 3rd Thursday of the month New Directions Realty will present "The Senior Living Truth Empowerment Series", (SLTES) The SLTES provides comprehensive information on a variety of topics of interest to seniors and their families.

Registration Deadline: Wednesday, June 20; please call 614-561-1621

4th of July Lunch & Celebration

Thursday, June 28 11:30 am

Join us as we celebrate our nation's birthday with some great food (BBQ chicken, potato salad, baked beans) and fun. The G- Clef Chorus will present a Patriotic Concert honoring our nation.

No tickets needed, regular canteen prices apply.

June is National Safety Month

Think about the ways you can reduce the risk of injuries to yourself and others. 1 in 3 older adults falls each year leading to injury and hospitalization. Some of the things you can do to reduce the risk of falling include:

Removing objects from the floor that you can trip on, using proper lighting to see hidden objects and obstacles. Doctors recommended walkers and canes to help with stability and balance and to talk with them about any concerns about medications making you lightheaded, dizzy or affecting your balance.

Hat's off to all the Marion Franklin 2018 Creative Arts Event participants. We are so proud of your awesome displayed artwork and the exceptional dance performances were great. Thank You!

A special Thank You to all the classes that participated in Marion Franklin's 2018 Dance Recital and Open House.

Men's 50+ Free Throw and 3 Point Shooting Contests
Friday, June 8 10 am Cost \$5/contest

This fundraiser will provide men with healthy snack options throughout the month, during lunchtime. See flyer at front desk for rules and registration form.

Men Only Health Screenings (Sponsored by Lifecare Alliance)
Monday, June 11 11:30 am-1 pm

Men's Health Workshop
Tuesday, June 12 1 pm

Men's Health Workshop is designed to engage men in dialogue about their understanding of the importance of taking personal responsibility for their health and well-being and to provide resources that can help men make a difference in their health encounter with a healthcare professional and in their health outcome. Please register at the front desk. For more information, contact Crystal.

Classic 8 Ball Tournament
Thursday, June 14 4 pm Entry fee \$1

Whether you're a shark or minnow come join us in on the fun. Tournament is double elimination; call shot, no ball in hand. Winner gets name and photo on wall. Participants can order Papa Joe Pizza's discounted enough to make everyone a winner. Please register at the front desk.

Canvas & Wine
Friday, June 8 Noon Cost \$40

Deadline to Register: Friday, June 1
Come out and enjoy an afternoon social of instructional painting and fun. Take-home canvas, paint, lunch, gift bag, music and wine (non-alcoholic) included in the cost. If you are a beginner, don't worry a fun and qualified teacher will be available to help... and also give you plenty of guidance to assure you leave with a completed canvas. The event will be hosted by the pARTy Studio. Must register to attend. Please call the center for more information. *Date is subject to change.*

Sundaes on Monday
Monday, June 11 11:30 am-1 pm

Stop by the center and build your own ice cream sundae for \$1.25. Also available that day will be hot dogs and chips for \$1.75. Sponsored by the Senior Recreation Council.

Let's Be Adventurous Interest Sheet

Are you interested in Zip Lining, Sky Diving, Rock Climbing or Water Rafting? If so, please register at the front.

Guitar Lessons - Appointments Only
For more information, call the center.

Puppetry Class
Interested in something fun and innovative? This is the class for you. Please register at the front or call Crystal for more information.

New Program - The Great Outdoors Walking
Thursdays 11:30 am-12:30 pm

Come out and enjoy the benefits of walking. Please register at the front desk. For more information contact Scott.

Bike Club
2nd & 4th Fridays 1:30 pm

Open to all levels. We will explore different trails each ride. Participants must provide their own bike, safety equipment and transportation. Please register at the front desk. For more information, contact Scott.

Book Club (Center Library)
Wednesday, June 13 1:30 pm
Book: The Last Juror **Author:** John Grisham

TEA'SCUSSION Series - Let's Talk
Friday, June 15 11:15 am Free
Retired Guidance Counselor, Sharon Anderson Scott and High School Counselor, Gwen Wade will co-host "Tea'Scussion" in this quarterly series event. The focus this month will be on "Guiding Our Youth into the Future." Come out and enjoy the wonderful favors of tea, cookies, eye opening discussions on current issues and more. Please register at the front desk. This series is sponsored by the Black Studies Group.

The Conversation Project
June 18 Part I & July 23 Part II 11:15 am

The Conversation Project will be held in a two part series and will include: How to start the talk, what's most important to talk about and completing legal documents. Everyone will be provided with a Starter Kit, Living Will and Durable POA for healthcare. The Conversation Project is dedicated to helping people talk about their wishes and end of life care. The Facilitator is Barbara Parker, center nurse. This event is sponsored by Lifecare Alliance. Please register at the front desk.

Health & Wellness Information
Nurse Barbara Parker, Lifecare Alliance Wellness Center
Office: 645-7173 Voicemail: 437-2927

Lifecare Alliance - Eat Better, Feel Better!
Every third Thursday of the month 11:15 am

Free Hearing Services
Call Rachel at 261-5452 for more information or to schedule an appointment.



The Creative Arts Event staff would like to thank all of the tireless people who participated in making this year's Creative Arts event a huge success! Thanks also to Sherri Love, Vicki Hatfield and Gail Paulus for designing the beautiful event mural (and to all of the other volunteer painters who helped make it happen!)

Congratulations go out to all of the Martin Janis artists and craftspeople who were winners in the creative arts competitions! Pattie Hilles would like to extend a particular heartfelt thanks to all of her stained glass students who entered and were winners in their respective categories! Great job everybody!

Rummage Sale! Rain or Shine

Saturday, June 6 10 am-4 pm

The sky's the limit for what you might find at the Martin Janis Rummage Sale so get here early to find the best "stuff!" Hopefully, it will be a beautiful late spring/early summer day but otherwise, we'll move the fun indoors! (For vendors: tables: \$15/each; additional tables, \$10.)

Calling all Cooks!

Time is running short to get your recipes submitted to the *2018 Martin Janis Cookbook*! We want to have everything collated, printed and bound in order that we can sell the book at the Ohio State Fair. See your name and all your favorite dishes published! All recipes must be submitted at the front desk in by 5 p.m., June 8.

"Breakfast for Lunch"

Wednesday, June 6 11:30 am

Come in and enjoy the wonderful breakfast specials our talented kitchen staff serves every month!

Martin Janis Senior Council

Next meeting: **Wednesday, June 20**
Everyone is welcome!

GREGG'S HEALTH CORNER:

Volunteering Is Good For You! According to AARP, there are both mental and physical benefits to volunteering. Through building social interaction based on common commitment and interest you decrease your risk of depression. You'll enjoy a sense of purpose and fulfillment with an increase of self-confidence. A study by John Hopkins University released in 2009 revealed that volunteers actually increased their brain functioning. Volunteer activities get you moving and thinking at the same time. Reduce stress levels by savoring your time in service to others which can be calming. By helping others you can experience "The Happiness Effect" from a release of dopamine in your brain. The more you volunteer, the happier you become! There are many ways to volunteer (mentoring, tutoring, community cleanup, "Meals on Wheels," community gardening, etc.). Find an option that fits your interests and expertise and start reaping the rewards!

Ohio State Fair Reminder

Remember there will be no classes during The Ohio State Fair. If you're interested in being a volunteer, please see Doreen or Michael. We particularly need volunteers to help out in our kitchen! Call for additional information at 614-645-5954.

Save the Date!

Wednesday, July 25

The Ohio State Fair begins! We will have daily entertainment, both inside and outside on our patio; good food, demonstrations, and items created by our wonderful craft vendors. Our Model Railroad, Lapidary and Stained Glass classrooms will all be open, and the lapidary, stained glass and woodshop will have items for sale on the main floor and downstairs! Stop in for air-conditioned comfort and fun!

Tea Luncheon and Fashion Show

TBA

Red Hat Society "Women on the Move" Tea Luncheon and Fashion Show has been rescheduled. New date and time to be announced.

Lunch served

Monday-Friday 11:30 am-12:30 pm

Participants must present payment upon registration for all activities with fees.



Cards and Board Games

Mondays 1:30-3:30 pm; Free; Community Room

Bid Euchre (6, 7 or 8 handed can be played)

Everyone is welcome!

Tuesdays; Noon-3 pm; Free; Community Room

Progressive Bridge

Thursdays; Noon-3:30 pm; Free; Community Room

Progressive Regular Euchre: \$2 per person

Thursdays & Fridays; Noon-3 pm; Dance Room

(Have fun and win grocery prizes!)

Captain's Table

Mondays 11:30 am-1 pm \$5



Come join us on Mondays for the best lunch deal around. The warmer months are here so we alternate between a potato and salad bar. Bring your appetite and \$5; and we'll see you every Monday.

Contact the center with any questions.

Open Pickle Ball

Mondays, Tuesdays & Fridays

10 am-Noon Beginner

12:30-2:30 pm Intermediate/ Advanced

Wednesdays

6:15-8 pm All Levels

Cost \$10 (Open Sports Pass Needed)

What is Pickle Ball? It's a popular game that looks like a cross between regular tennis and table tennis; and a fun way to get exercise.

International Folk Dancing

Mondays 7-8:45 pm

Free Dance Room



Come and join The Whetstone Folk Dancers for International Folk Dancing! Learn about dances from different countries and you don't even need to bring a partner. It's

"No fault folk dancing." Meet in the shelter house in the park.

Contact the center with any questions.

Whetstone 50+ Writers: Memory to Memoirs

This group meets every 1st and 3rd Thursday of the month. ***Contact the center with questions about meeting times.***

Classes

Classes are offered at the Whetstone Community Center for adults of all ages. We offer a wide variety of opportunities for 50+ participants including:

Wii Bowling

Tuesdays 10:30 am-Noon Free

Everyone comes at this time.

The Body Shop Workout

Tues./Thurs. 3:45 pm, 4:45 pm & 5:45 pm \$10 for 1 class pass, \$70 for 10 class pass, \$97.50 for 15 class pass, \$120 for 20 class pass, \$150 for 30 class pass

Poetry & Prose

Thursdays 1-3 pm Free

Woodcarving

Meets every 1st & 3rd Tuesday 6 pm Free

Bring your own supplies.

Wood Chippers

Wednesdays 9 am-Noon Free

Bring your own supplies

Open Walking- Gym

M, T, Th, & F 8:30-9:15am Free

Fearless Falling (Adult Safety Skills)

Fridays 10:30-11:30 am

\$30 for nine-week session

Gentle Yoga

Wednesdays 10-11am or 7:15-8:15pm \$50 each

See Center Class Schedule for complete class listing. **Schedules are available in hardcopy at the front counter** & can also be downloaded from either of our websites at www.columbusrecparks.com or www.whetstonepark.org. Most of our activities are available for registration online. Register online at: <https://apm.activecommunities.com/columbusrecparks>

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**Check with your center for any
beginning of the summer closings.**



Flag Day June 14
Summer begins June 21

